Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claims 1-17 are canceled.

claim 18. (New): A rehydration composition, comprising:

an extract of species Croton plant latex with UV absorbency in the range of 390nm to 430nm reduced at least fifty-percent relative to the unextracted plant latex;

an extract of species Uncaria plant material with alkaloid concentration reduced to less than about 0.5 mg/g relative to the unextracted Uncaria plant material; and

at least one rehydration component selected from the group consisting of a potassium salt, a sodium salt, a bicarbonate, and a sugar.

claim 19. (New): The composition in claim 18 wherein,

the reduced UV absorbency is reduced at least about sixty-percent relative to the unextracted plant latex.

claim 19. (New): The composition in claim 18 wherein,

the alkaloid concentration is reduced to less than about 0.1 mg/g relative to the unextracted Uncaria plant material.

claim 20. (New): The composition in claim 18 wherein,

the species Croton plant latex is less than about 10% water.

claim 21. (New): The composition in claim 18 wherein,

the extract of species Croton plant latex comprises about 20 to 300 micrograms per milliliter of composition.

claim 22. (New): The composition in claim 18 wherein,

extract of species Uncaria plant material comprises about 10 to 400 micrograms per milliliter of composition.

claim 23. (New): The composition in claim 18 further comprising,

an agent selected from the group consisting of, a suspending agent, a coloring agent, a flavoring agent , and a sweetening agent.

claim 24. (New): The composition in claim 18 administrable in a form selected from the group consisting of, a liquid, a liquid concentrate, a liquid gelcap, a tablet, an effervescent, a capsule, a powder, a dietary supplement, a food, or a food additive.

claim 25. (New) A method of rehydrating a mammal comprising:

administering a composition comprising, an extract of species Croton plant latex with UV absorbency in the range of 390nm to 430nm reduced fifty-percent relative to the unextracted plant latex; an extract of species Uncaria plant material with alkaloid concentration reduced to less than about 0.5 mg/g relative to the unextracted Uncaria plant material; and at least one rehydration component selected from the group consisting of a potassium salt, a sodium salt, a bicarbonate, and a sugar.

claim 26. (New): The method in claim 25 wherein,

the extract of species Croton plant latex has a reduced UV absorbency of at least about sixty-percent relative to the unextracted plant latex.

claim 27. (New): The method in claim 25 wherein,

the extract of species Uncaria plant material has a reduced alkaloid concentration of less than about 0.1 mg/g relative to the alkaloid concentration in the unextracted Uncaria plant material.

claim 28. (New): The method in claim 25 wherein,

the species Croton plant latex is less than about 10% water.

claim 29. (New): The method in claim 25 wherein,

the extract of species Croton plant latex comprises about 20 to 300 micrograms per milliliter of composition.

claim 30. (New): The method in claim 25 wherein,

extract of species Uncaria plant material comprises about 10 to 400 micrograms per milliliter of composition.

claim 31. (New): The method in claim 25 further comprising,

an agent selected from the group consisting of, a suspending agent, a coloring agent, a flavoring agent , and a sweetening agent.

claim 32. (New): A rehydration composition, comprising:

an extract of species Croton plant latex with UV absorbency in the range of 390nm to 430nm reduced at least sixty-percent relative to the unextracted plant latex;

an extract of species Uncaria plant material with alkaloid concentration reduced to less than 0.1 mg/g relative to the alkaloid concentration in the unextracted Uncaria plant material; and

at least one rehydration component selected from the group consisting of a potassium salt, a sodium salt, a bicarbonate, and a sugar.